Hello from the Supa Fresh Youth Farm! This marks our first edition of our weekly summer newsletter with news and information from the farm. We are so excited to start another season!

This week was our last week of school. We are proud to say that we got to see a lot of our Seniors graduate this year! Congratulations to the class of 2015— you guys did it! It also means summer is here which is great because it means it’s also the beginning of CSA. This week we had two markets, one in Lake Oswego and one right here at our own BHOB farm. We also got into the Tigard Times! We spoke in great length about the farm, the purpose we serve, and also what we do for our community. You may read the full article here at http://portlandtribune.com/ttt/91-features/310550-187470-supafresh-produce-for-sale. New youth start next week as well and our leaders will help train them. First they will take WRT (Work Readiness Training) in the mornings then in the afternoon they will work on the farm. It’s a new summer which also means new beginnings, and we are certainly very happy about having new and more people coming to work with us here at the farm. Until next week see ya later tomaters!

Food for Thought
Companion planting: what is it? Companion planting is when you plant two or more different plants together so they may help each other out. For example, if you plant dill and basil with the tomatoes, it effectively protects the tomatoes from hornworms. It’s a way of planting certain plants together that are complimentary to each other. Herbs work especially well at repelling aphids and other plant eating insects by confusing the insects with their odors. We use the nasturtium as a trap plant to deter aphids away from our crops. We also use plants like marigold and sage to keep harmful bugs away and to attract beneficial insects. Using ancient native techniques, 3 sisters is a prime example of companion planting. As the corn grow, the beans trellis up the corn and the squash spreads out underneath, deterring competing weeds away from the corn and beans. The end result, you get squash, corn, and beans that are happy, fresh, and thrive together. In addition to all of these benefits companion planting allows us to avoid using chemical pesticides that are harmful to human health—it’s nature’s way of caring for your plants!

Farmer Profile: Diggs
Diggs has told us that what really interested him about working on the farm is he believed that it would be a good learning experience for him. His favorite thing about working here at the farm is “Learning new things about the plants we grow and how we grow them.” His favorite foods at the farm are the Fava beans and peas because they were the first two vegetables he ever planted and grew. He describes himself as one who is hardworking and eager to learn new and exciting things. He believes his co-workers would describe him as hardworking and friendly. His career/life goal after he leaves the farm is to go to college to become a chef and later own his own restaurant.
CARDOON MOROCCAN STEW (VEGAN!)

Ingredients:
- 1 lemon
- 1 bunch cardoons
- 2 Tablespoons olive oil
- 1 onion, thinly sliced
- 1 teaspoon saffron threads
- 2 Tablespoons minced ginger
- 1 teaspoon ground turmeric
- 4 cloves garlic, minced
- 2 Tablespoons brown sugar
- 3 cups water
- 1 cup white wine
- 1 teaspoon salt
- Fresh cracked pepper
- 1 pound red potatoes cut into bite-sized cubes
- 1 pound tomatoes, chopped
- ⅔ cup assorted olives, pitted
- ⅔ cup chopped cilantro
- ⅔ cup chopped parsley
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Directions:
1. Fill a pot with cold water and squeeze the lemon juice into it. Bring to a boil while you prepare the cardoons. Cut the base off the bunch of cardoons and discard. Cut the tops containing any large leaves off each stalk and discard. Now working with each stalk one-by-one, use a paring knife to peel away the long edges of the stalk to remove any remaining small leaves or prickles. Then peel away the strings and thin silvery skin along the length of the stalk (similar to de-stringing celery) using a paring knife, or scrape them off using a sharp flat-edged knife on its side. Once the entire stalk has been cleaned, chop it into 2-inch pieces and place them in the pot of lemon water so they don’t discolor. Boil for thirty minutes and drain.
2. Heat the olive oil in a large Dutch oven or flat-bottomed skillet over medium-low heat. Add the sliced onion and sauté for 5-10 minutes until the onion is softened and begins to caramelize. Meanwhile, pound the saffron, ginger, turmeric, garlic, and brown sugar in a mortar and pestle until it forms a paste. Add to the onions and sauté for an additional 2 minutes to release the flavors. Add the drained cardoon pieces, water, wine, salt and pepper, potatoes, tomatoes and olives and simmer for 20-30 minutes or until the potatoes and cardoons are tender. Serve garnished with cilantro and parsley over a bed of couscous.

Lavender-Scented Summer Fruit Salad

Ingredients:
- 2 tablespoons honey or agave nectar
- 3/4 teaspoon dried lavender
- 1/8 teaspoon freshly ground black pepper
- Pinch salt
- 1 tablespoon fresh lime juice
- 1 peach, sliced into 1/2-inch-thick wedges
- 1 nectarine, sliced into 1/2-inch-thick wedges
- 1 large plum, sliced into 1/2-inch-thick wedges
- 1 cup raspberries
- 1 cup blackberries
- 3/4 cup blueberries
- 1 tablespoon small whole mint leaves

Directions:
1. Combine honey, 1/3 cup water, lavender, pepper, and salt in a small saucepan. Bring to a simmer over medium heat, stirring until honey has dissolved. Remove from heat, and cover; let steep 10–15 minutes or until room temperature. Strain into a serving bowl; discard lavender and stir in lime juice.
2. Add peach, nectarine, and plum slices to honey mixture, and toss well. Add berries and mint, and toss gently to combine. Refrigerate 1 hour or until chilled. Serve.

Source: http://bit.ly/1GAEGt5